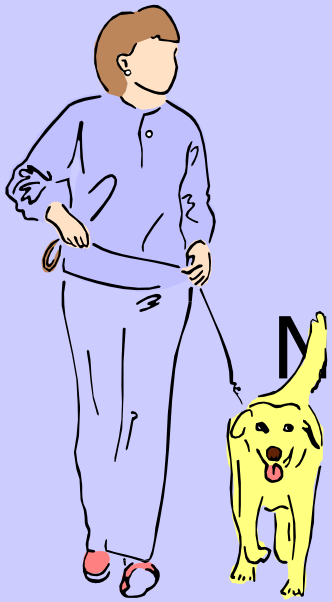
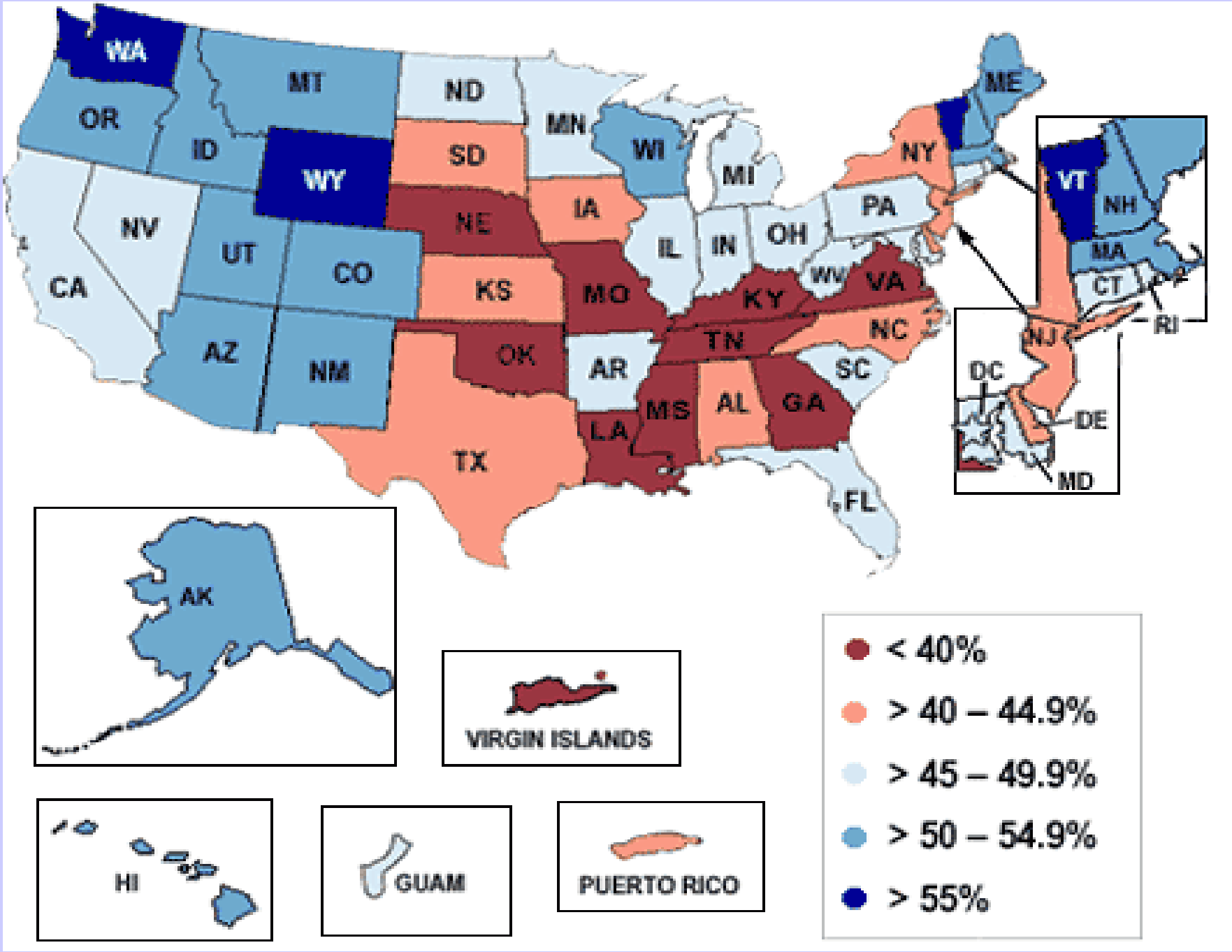
Nonexercise Approaches to Weight Management



Lori Tubbs MS, RD
ACSM/ACE Certified
Navy Environmental Health Center
Health Promotion

“Eating alone will not keep a man well; he must also take exercise. For food and exercise, while possessing opposite qualities, yet work together to produce **HEALTH”**

Hippocrates, Regimen, 400 B.C.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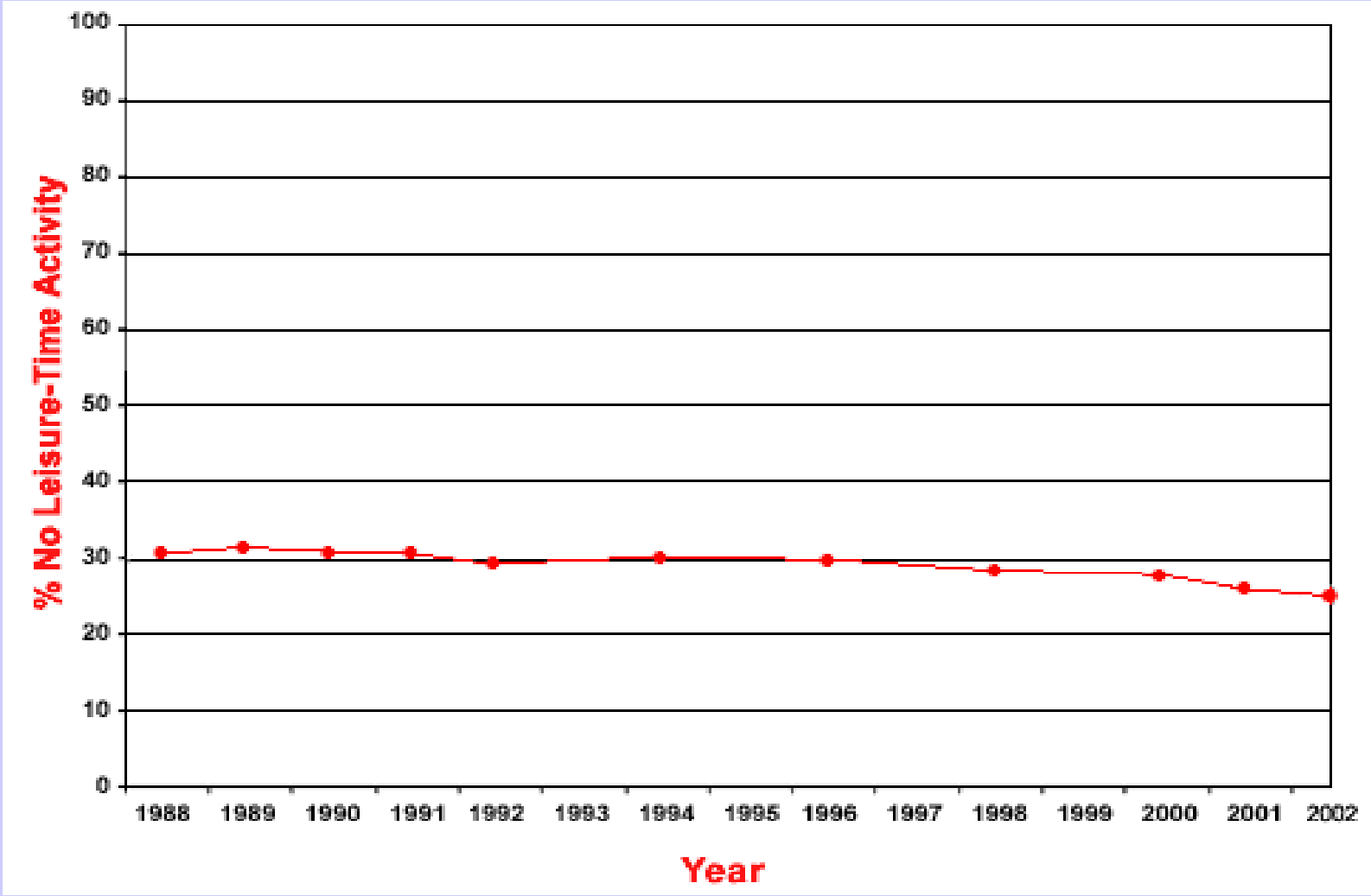
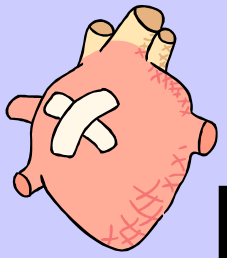
DE
MD
AK
HI
VIRGIN ISLANDS
GUAM
PUERTO RICO
< 40%
> 40 – 44.9%
> 45 – 49.9%
> 50 – 54.9%
> 55%

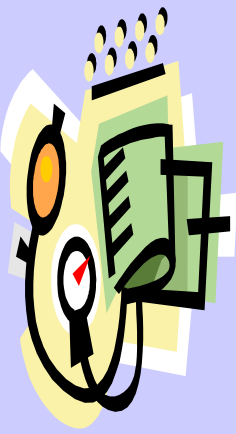
U.S. Physical Activity Statistics 1986–2002 No Leisure-Time Physical Activity Trend Chart





Inactivity: Hazardous to Your Health

- Circulation Curtailer
- Mood Monster
- Sleep Stealer
- A Pain in the Back
- Self Esteem Shaker
- BP Buster
- Cancer Creator
- Gross Gut
- Cholesterol Clogger
- Flabby Friend
- Speedy Ager
- Bone Breaker
- Joint Jammer
- Libido Loser



Physical Activity

- Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure
- 30 or more minutes of activity including walking, jogging, gardening, vacuuming
- Accumulative & Intermittent

Everyday Activities

Activity	Minutes	Days/Week	Pounds/Year
Brisk Walking	10	5	4
Using the Stairs	5	5	2
Bike while watching TV	10	5	5
Commercial jump roping	10	5	8
House Cleaning	15	3	2
Active Play w/ Children	15	7	7

Activity & Proper Nutrition = Weight Maintenance

- NMC Portsmouth March 01-Nov 01
- Three Classes
- 14 March 01 – 16 May 01 Didactic
- 30 May 01 – 8 August 01 Didactic & Activity Session
- 5 September 01 – 14 November 01 Didactic & Activity Session

Activity & Proper Nutrition = Weight Maintenance

- Final Results

Class	Total	Average
One	4	5.5 lbs
Two	1	17 lbs*
Three	5	14.2 lbs*

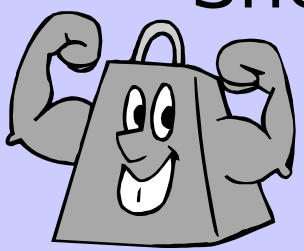
* With MWR Assistance

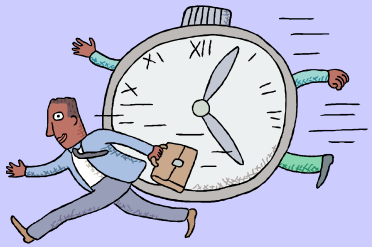
Exercise

- Planned, structured and repetitive bodily movement done to improve or maintain 1 or more components of physical fitness
  - Sit ups
  - Push ups
  - Sit and reach
  - 1.5 mile run

Exercise Enemies Truth or Fallacy??

- Time
- Sweat
- Pain
- Poor Body Image
- Poor Weather
- Boredom
- She-man Muscles
- Low Finances
- Age
- Pregnancy
- Exhaustion
- Nonsupportive spouse
- High Expectations





SNAFU™ by Bruce Beattie

"I don't exercise?! What about those leg lifts I do when you vacuum!"

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Physical Fitness

- The ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits
  - Cardiorespiratory endurance
  - Skeletal muscular endurance, strength & power
  - Flexibility, agility and balance
  - Body Composition

The Activity Prescription FITT(E)

- Frequency of activity (days/week)
- Intensity of activity (heart rate or rating of perceived exertion)
- Time/Duration of activity (min/day)
- Type/Mode of activity
- **Enjoyed activity**

Various Physical Activity Guidelines

Expert Panel	**Desired Outcome**	**Minimal**
Recommendations		
CDC/ACSM	Decreased morbidity/ mortality	30 minutes on most/all days/wk
U.S. S.G.	Same	Same
IOM	Weight Gain Prevention	60 minutes
IASO	Weight Gain Prevention	60-90 minutes
IASO	Prevent the transition to overweight or obesity	45-60 minutes

Exercise Frequency & Duration

- Current recommendations support incorporation of exercise on most days of the week
  - Interpreted as at least 5 days/week if activity is enjoyed and physically tolerated
  - 60 minutes or more minutes per day may be advantageous regarding weight control

Exercise Intensity

- Moderate-intensity exercise will improve health, support weight maintenance and prevent weight regain
- ACSM Guidelines defines moderate-intensity exercise as
  - 55-69% maximal heart rate
  - 40-59% heart rate reserve
  - A rating of perceived exertion (RPE) of 12-13 on the Borg 15-point category

Mode of Exercise

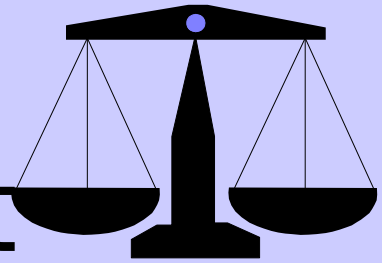
- Resistance exercise does not appear to increase metabolic rate or improve weight loss when compared to aerobic forms of exercise
- Scientific evidence does not appear to support the inclusion of resistance exercise in weight management
- There is strong evidence that resistance training can improve strength in overweight adults
  - Benefits functional improvements
  - Reduce musculoskeletal strain and injury

Methods of Prescribing Exercise Traditional vs Alternative

- Long Bouts of Exercise
- Fitness Centers
- Calisthenics
- Competitive
- Counting Calories

- Intermittent & Accumulative
- Home Fitness
- Circuit Training
- Noncompetitive
- Counting Steps

Estimating Output



- Resting Energy Expenditure
- Physical Activity & Level
- Energy for Digesting Food
- Variable Factors
  - Age -Weight
  - Gender -Body Composition
  - Size

Referrals

- **Nationally**
- - The President’s Challenge www.presidentschallenge.org
- - President’s Council on Physical Fitness & Sports www.fitness.gov
- **MWR**
  - Fitness Testing - MicroFit
  - Weight Machine Orientation
  - Fitness Classes by Professional Instructors
  - Recreational Sports
- **Community**
  - Local Walks/Runs/Bike Rides
  - Team in Training

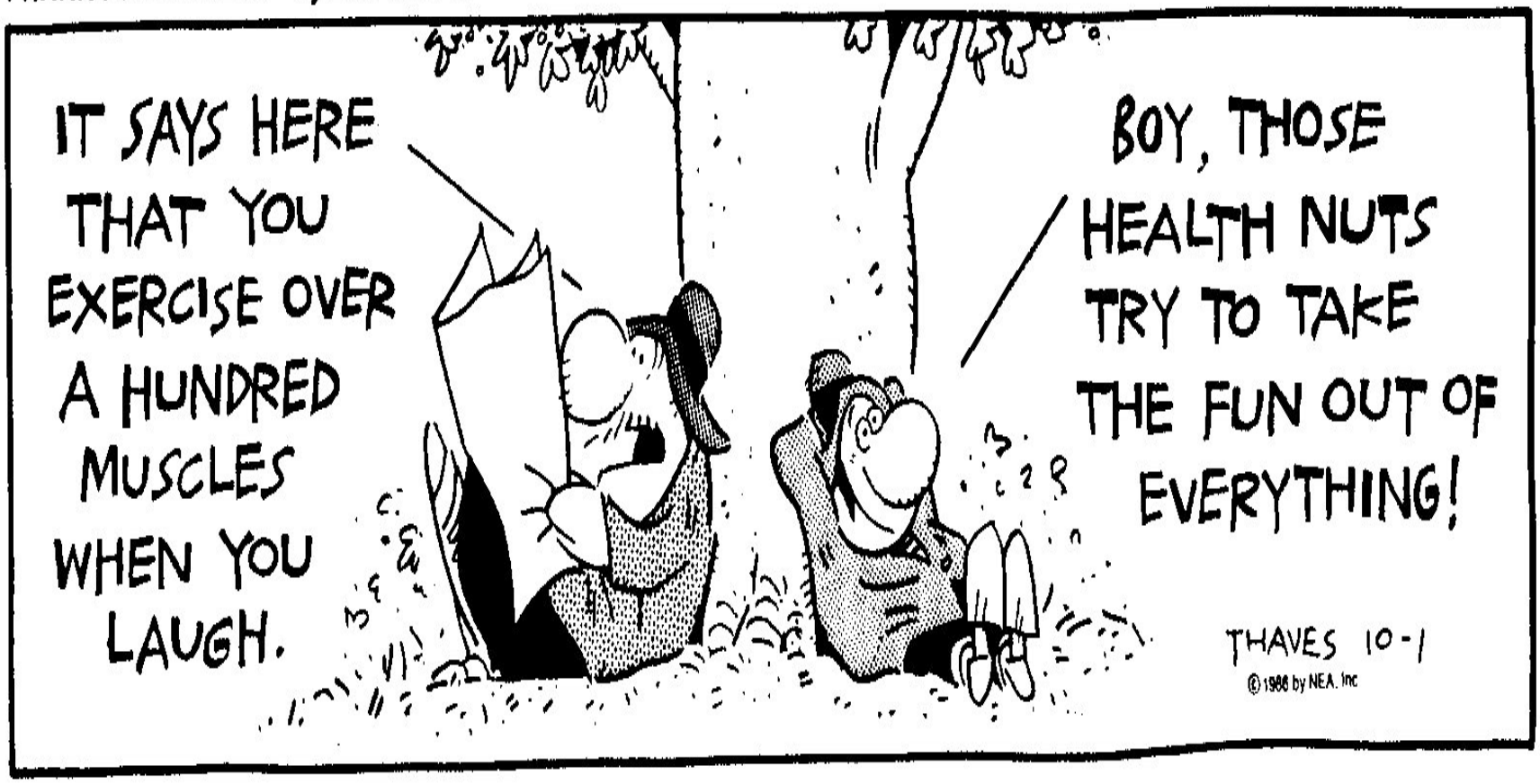
“Multi-Skilling” Increasing Your Value

- American Asso Lifestyle Counselors www.aalc.org 817-545-3220
- AFAA www.afaa.com 1-800-225-2322
- American Council on Exercise www.acefitness.org
- National Strength Professionals Association www.NSPAInc.com 1-800-494-6772
- ACSM- 1-800-638-3030 Ext 4053

In Conclusion:

- Exercise recommendations should initially focus on moving overweight and obese individuals to at least 30 minutes of moderate-intensity exercise per day
- When appropriate, it may be beneficial to progressively increase exercise to 60 minutes per day for greater impact on long-term body-weight regulation.

FRANK AND ERNEST ® by Bob Thaves


IT SAYS HERE THAT YOU EXERCISE OVER A HUNDRED MUSCLES WHEN YOU LAUGH.
BOY, THOSE HEALTH NUTS TRY TO TAKE THE FUN OUT OF EVERYTHING!
THAVES 10-1
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Balloon Activity

- Take resting heart rate and record
- 5 minute balloon activity
- Take exercise heart rate and record